



Yoga Therapy Retreat 5: Yoga Therapy as Self-Transformation: Rogi to Nirogi to Yogi/Yogini

**Sunday
February 9, 2014**

9:00 am—5:00 pm

Webb Center, ODU
North Cafeteria
1301 W. 49th St.
Norfolk, VA 23529
Campus Map:
[http://www.odu.edu/content/dam/odu/offices/parking-and-transportation-services/docs/16569_2013-2014_Map\(blank\).pdf](http://www.odu.edu/content/dam/odu/offices/parking-and-transportation-services/docs/16569_2013-2014_Map(blank).pdf)

**Advance Registration and
Acceptance of Liability
Release Required**

Register at
www.taksha.org/course/TIM628
or by calling 757-766-7990.

You may also contact us
with questions about registration by email at:
contact@taksha.org.

TAKSHA UNIVERSITY
SCHOOL OF INTEGRATIVE
MEDICINE (SIM)

15 Research Drive
Hampton, VA 23666

Phone: 757-766-7990
Fax: 757-865-2017
E-mail: contact@taksha.org

A
g
e
n
d
a

Presentations by Dr. Dilip Sarkar, M.D., Dr. Saghana Chakraborty, M.D., and Abha Gupta, Ph.D.

9:00am—10:00am	Sign-In
10:00am—12:00noon	Practice: Yoga as Self-Transformation (Dr. Sarkar, Dr. Chakraborty, and Abha Gupta)
12:00noon—1:00pm	Working Lunch with Q&A (Dr. Sarkar)
1:00pm—1:30pm	Anatomy of Asanas (Dr. Chakraborty)
1:30pm—2:15pm	Personal Transformative Journey (Abha Gupta)
2:15pm—2:30pm	Ashtanga Yoga and Discussion (Dr. Chakraborty and Abha Gupta)
2:30pm—2:45pm	Break
2:45pm—4:00pm	Yoga Therapy for Common Ailments and Practice: Mudras, Bandhas, and Kriyas (Dr. Sarkar)
4:00pm—4:15pm	Break
4:15pm—5:00pm	Practice: Pranayams and Meditation (Dr. Sarkar, Dr. Chakraborty, and Abha Gupta)

Advance Registration is Required!

www.taksha.org/course/TIM628

Resource Fee: \$80 (before 1/31—**just extended!** — \$72)

Call for senior or student discounts!

Bring your own:

- Bag lunch (see website for other lunch options on-site)
- Yoga mat, water, or blanket or covering, in case you get cold



Dr. Dilip K. Sarkar, M.D., FACS, CAPS

All proceeds from registration, sales, and donations help support the educational programs of Taksha University, founded in 1976 as a 501(c)3 not-for-profit educational institution in Hampton, Virginia USA.